

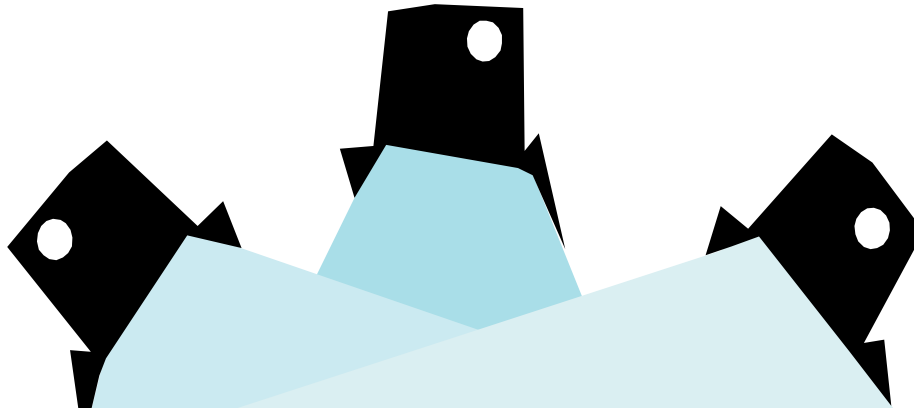
HEALTH PROMOTION & PREVENTION INITIATIVES NEWSLETTER

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Initiative Spotlight



Soldier Self-care Program

Impact:

As a result of the Soldier Self-care Program, more than 4,200 hours of soldier training time were conserved and more than 780 hours of health care provider time were conserved as measured during a six-month data collection period.

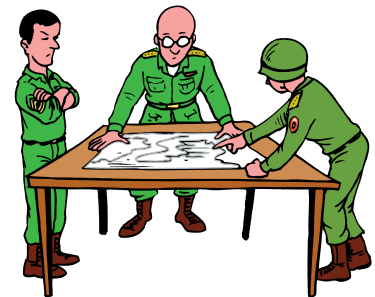
Description:

AIT soldiers at five installations were trained how to recognize minor health symptoms and manage these symptoms using home remedies and over-the-counter medications (OTCs). Participants received a self-care guide reinforcing the principles presented in the 1-hour training, including the need to seek medical help when there is any question or doubt about a health symptom. Soldiers trained in this "self-care" were then able to get OTCs at the installation pharmacy without a prescription. Quality assurance is achieved through triage by a health care provider and pharmacy tracking of all self-care OTCs dispensed. Once the program is established, the return on investment is estimated to be \$7 for each \$1 spent. For more information, visit:

<http://chppm-www.apgea.army.mil/dhpw/Wellness/Selfcare.aspx>

Ideas from the Field...

Line Support - Part 1



Getting support from the line is essential when developing a program for unit personnel. Get input from the 1SG and Company CDR during the program planning phase. Make sure this is a program they want and will support. Look for ways to make the program a benefit, not a burden. Line leaders have competing interests and requirements for their units. You may need to start small until you gain their confidence and trust.

Prevention Resources



Resources for healthier lifestyle choices:

www.healthierus.gov

Program Pointers

Conducting a Needs Assessment Survey – Why Bother?

The purpose of a needs assessment survey is to learn more about your community's needs. A good survey can supplement your own observations and experiences, and provide you with information from a larger and more representative group of people. Other reasons to conduct a needs assessment survey include:

- To get a more honest description of needs than people might tell you publicly
- To become aware of needs that you never saw as particularly important
- To get more support for the actions you will soon undertake
- To get more people actually involved with those actions

A needs assessment survey takes time, but you can collect useful data in a few hours. You can go to a meeting where your key audience is, hand out a questionnaire, and collect the forms. Your survey can be short—just two or three questions. In about 10 minutes, you'll have some results you can work with. If you have the time and resources, you should survey more people with different questions. But some surveying is better than no surveying at all.

Look at it this way: Taking time to find out community needs will make your program more effective. For more information about health promotion needs assessment, visit:

<http://www.joe.org/joe/1994june/a8.html>

http://ctb.lsi.ukans.edu/tools/EN/sub_section_main_1042.htm

HPPI News & FAQs

The Health Promotion and Prevention Initiatives (HPPI) Program began in 1997 when the Office of the Assistant Secretary of Defense of Health Affairs requested the submission of proposals for progressive health promotion programs at the health care facility level. LTG Peake, then MEDCOM Deputy Commander, tasked the US Center for Health Promotion and Preventive Medicine (USACHPPM) with working the 27 proposals selected to:

- Identify specific evaluation metrics for funded proposals
- Identify best practices for proliferation throughout the AMEDD
- Recommend future funding distribution and manage HPPI funds

Since FY97, 111 selected proposals have received HPPI funding. USACHPPM's Directorate of Health Promotion and Wellness provides oversight and subject matter expert support. For more information about HPPI, visit: <http://chppm-www.apgea.army.mil/dhbw/Population/HPPI.aspx>

Send newsletter comments/suggestions to: Marcella.Birk@apg.amedd.army.mil.

Don't Reinvent the Wheel!

Before developing a new health promotion program, call the Directorate of Health Promotion and Wellness (DHPW) and ask to speak to a subject matter expert. We may have a program on the shelf that fits your needs or we may be able to direct you to an installation that has implemented the kind of program you're thinking about. Call DHPW at (410) 436-4656, DSN 584.

